

Serial No. 10/627,093  
Docket No. AO694

Examiner: J. Alexander  
Art Unit: 3762

**IN THE SPECIFICATION**

Please amend the paragraph at page 2, lines 26-33 as follows:

Lastly, the prior art methods and devices are perceived to be less than desirable if operating during a somewhat out of the ordinary event within a larger workout (e.g. serial sprinting and cross training and/or extended rest period). For example, when the user wishes to engage in serial sprinting in an effort to maintain a relatively faster target rate for a relatively short duration, the user will be forced to either discontinue the alarm indication after each sprint by manual deactivation or be distracted by the continual alert/alarm indication informing the user what she already knows, namely that he/she is temporarily above the upper limit of the Target Zone (i.e. the maximum threshold value).

Please amend the paragraph at page 4, lines 21-30 as follows:

Lastly, in yet another preferred embodiment, the present invention is directed to a method of generating an out of zone alert when a sampled heartrate value does not satisfy a condition, wherein the generation of the out of zone alert is performed by an indicator, and the sampled heartrate value is determined in a heartrate monitoring system, the method comprising the steps of determining whether the sampled heartrate fails to satisfy a condition for more than a continuous period of time, and if so, suppressing further generation of the out of zone alert even if a next successive sampled heartrate value fails to satisfy the condition, and if not, generating the out of zone alert. In a particular application, the condition may be ~~that whether~~ the sampled heartrate value is within ~~outside~~ a Target Zone, is above a threshold minimum value, and/or below a threshold maximum value.

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Please amend the paragraph at page 6, lines 26-32 as follows:

Furthermore, although not explicitly illustrated in Fig. 1 ~~the figures~~, it should be understood to a routine programmer that one or more flags may be used to keep track of conditions, as would be well known in the art. Here for example, at least one flag is used, its name for ease of description being referred to as the ALERTSUPPRESSION flag. Preferably, this flag is set before beginning the routine set forth in Fig. 1, but this is by way of example and not limitation. Such minor modifications and details of the present invention are well within the scope of the ordinarily skilled artisan.

{W1388528}